



2010 Healthy Connections

Kenneth Hahn Hall Of Administration

Room B-62

12:00pm – 12:50pm



January 21	Healthy Choices for the New Year	Kaiser
January 28	Cervical Cancer	PacifiCare
February 18	Heart Health	Anthem
February 25	Chair Exercises	PacifiCare
March 18	Super Foods – What They Are & How To Enjoy Them	CIGNA
April 15	Dealing With Difficult People	EAP
May 20	Managing Asthma	PacifiCare
May 27	Women's Health	Kaiser
June 17	Summer Fun Fitness & Sun Safety	PacifiCare
July 15	Your Dental Health 101	Delta Dental
August 19	Positive Parenting Skills	EAP
September 16	Cholesterol Counts	Anthem
October 21	Nutrition	Kaiser
October 28	Breast Cancer Awareness	Anthem
November 18	Preventing & Controlling Diabetes	Kaiser
December 16	Healthy Holidays – Recipe Makeovers!	CIGNA